



# WEEKLY HOME RESET

*A fresh week. A calm home. A clear mind.*



WEEK OF: \_\_\_\_\_

## INTENTION FOR THE WEEK

*How do I want my home to feel?*

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## WHAT NEEDS A LITTLE EXTRA LOVE?

*Spaces, routines, or habits to focus on.*

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♥ \_\_\_\_\_

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## THIS WEEK, I WILL LET GO OF:

*Clutter, pressure, perfection, comparison.*

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## WHOLE HOME RESET CHECKLIST ♥

*Do a little or do it all. Every small reset makes a big difference.*



### DECLUTTER

*Clear the excess*

- ☐ Walk through each room with purpose
- ☐ Let go of what we no longer need
- ☐ Donate or recycle items
- ☐ Clear flat surfaces
- ☐ Organize one small space

Notes: \_\_\_\_\_



### CLEAN

*Refresh & renew*

- ☐ Deep clean high-traffic areas
- ☐ Clean bathrooms
- ☐ Vacuum & mop floors
- ☐ Wipe down surfaces & baseboards
- ☐ Change bed linens

Notes: \_\_\_\_\_



### ORGANIZE

*Create calm & order*

- ☐ Organize drawers & cabinets
- ☐ Tidy closets
- ☐ Create a landing spot for essentials
- ☐ Declutter paperwork
- ☐ Organize pantry or fridge

Notes: \_\_\_\_\_



### REFRESH

*Bring in new energy*

- ☐ Open windows & let in fresh air
- ☐ Wash curtains or throws
- ☐ Add fresh flowers or greenery
- ☐ Light a candle or diffuse oils
- ☐ Play uplifting music

Notes: \_\_\_\_\_



### RESET ROUTINES

*Reset & realign*

- ☐ Review our evening routine
- ☐ Plan simple meals
- ☐ Reset laundry routine
- ☐ Plan for the week ahead
- ☐ Schedule self-care time

Notes: \_\_\_\_\_



## ROOM-BY-ROOM RESET PLAN

*What will I focus on in each space?*

ENTRYWAY \_\_\_\_\_

LIVING ROOM \_\_\_\_\_

KITCHEN \_\_\_\_\_

DINING ROOM \_\_\_\_\_

BEDROOMS \_\_\_\_\_

BATHROOMS \_\_\_\_\_

LAUNDRY ROOM \_\_\_\_\_

OTHER SPACES \_\_\_\_\_



## SMALL TASKS, BIG IMPACT

*Quick wins to make our home feel better this week.*

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## TIME TO RESET

*When will I carve out time this week?*

MON \_\_\_\_\_ ⌚ \_\_\_\_\_

TUE \_\_\_\_\_ ⌚ \_\_\_\_\_

WED \_\_\_\_\_ ⌚ \_\_\_\_\_

THU \_\_\_\_\_ ⌚ \_\_\_\_\_

FRI \_\_\_\_\_ ⌚ \_\_\_\_\_

SAT \_\_\_\_\_ ⌚ \_\_\_\_\_

SUN \_\_\_\_\_ ⌚ \_\_\_\_\_

## REWARD & REST

*Rest is part of the reset.*

I will celebrate my efforts by:

\_\_\_\_\_ ♥ \_\_\_\_\_

I will rest by:

\_\_\_\_\_

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## REFLECTION

*How did this reset make me feel?*

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What worked well?

What will I do differently next week?

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*A reset home creates space for what matters most.*

